

Parenting Advice: 5 Ways to Talk to Your Child About Bullying



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Whether it's cyber harassment or ostracism in the lunchroom, bullying has become all too common. Despite its prevalence, bullying can be a difficult topic to discuss with your child. Kids don't normally tell adults that they're being bullied. It's so important to learn some of the signs and ways to talk to your child about this form of harassment. We have included some [parenting advice](#) that can help you detect and discuss bullying with your children, including [parenting tips](#) to help you determine if your child is a victim of bullying or is the perpetrator.

Check out the five ways to talk to your child about bullying.

1. Look for signs: Most children who are bullied show signs of withdrawal, loss of friendship, and bursts of emotion. While these signs can be similar to typical teenage behavior, it's important to discuss what's going on with your child if you notice any of these changes.

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2. Don't label it "bullying": Even if your child is being bullied, calling it such will make them feel powerless and they will end up just denying it. Instead, you can ask questions indirectly, such as why they aren't participating in

activities like they did in the past.

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3. Build coping skills: Building your child's coping skills can allow them to deal with bullying situations. Your child can visit the school counselor, who will document the incidents, and give your child advice on how to deal with the problem.

4. Help them understand why bullying exists: Most of the time, bullies are really just trying to compete with others who they feel might be better than them. Help your child understand that there's nothing wrong with them, this will pass, and that their oppressor is really just jealous of them.

5. Determining that your child is the bully: If your child is the bully, you have to figure out what's motivating that behavior. It's a good idea to talk to your child about the repercussions of bullying and try to set a good example for them.

Can you think of any other ways to talk to your child about bullying? Comment below.